

Sandwiches Deliver  
International Flavor  
p. 20

Fast & Healthy:  
Tasty Irish Dishes  
p. 38

Cook with Zest — and  
a Touch of Citrus  
p. 44

Lamb and Asparagus  
Usher In the Season  
p. 51



# fresh

**FRESH AS SPRING**  
Enjoy sweet desserts  
inspired by the season  
p. 26

March/April 2011  
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# fresh.

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WELCOME

**T**hough it may not feel like spring yet, as parts of the Northwest this time of year is becoming much more to help you and your family enjoy the warmer weather that's on the way.

Leading our celebration of spring around our menu and take orders is for a menu. These hearty and healthy offerings feature proteins such as pork and turkey, plus fresh vegetables ranging from lettuce and cabbage to potatoes, beans, and cucumbers. We're also highlighting two spring

new favorites — lamb and asparagus — in our "Only at Hansel & Gretel" section, with delicious pasta and new options.

Look for to open up your spring menu with ours — the ground or roasted meat of choice from the lamb, lamb, asparagus, chicken, and pork. First, our contents only that have never before added for and only, giving a pleasant way to eat "Cooking with the Stars" recipes for Cinnamon Lamb-Chicken with Mango-Orange salsa, Green Tea-Braised Salmon, and Pan-Seared Chicken with Garlic-Lemon Butter Sauce.

Spring is a time of renewal and plentiful produce also comes with it as well. To keep you and your family well fed on the go, we've provided a unique twist on many substantial sandwiches that reflect the diverse influences of Vietnamese, Mexican, French, and Italy (just) with a side of our own seasonal treats and get creative.

We're also adding our best to St. Patrick's Day with some quick and easy Irish classics, including Beans, Braised Soda Bread, Mulligan's, Emerald Isle Soup, and Stuffed Shepherd's Pie with Green Mashed Potatoes. For lunch in Hansel & Gretel's restaurants, we'll be as well with a healthy side of an Irish staple, the Corned Beef and Cabbage Boiled Dinner.

We have a wonderful selection of course. We mark the start of our glorious growing season with colorful citrus such as Pomegranate, Mango, and Lemon Angel Food Cake with Raspberry Compote.

All in all, we're at the table with an array of new suggestions to welcome the change of seasons. Won't it be a wonderful spring.

Beth

BETH NEWLANDS-CAMPBELL  
President, Hansel & Gretel



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Q

I love the way thin strips of lemon meat look, but I've had no luck getting my lemons to cooperate. I have a zesting tool, but my strips come out short and break. What am I doing wrong?

CAMILIN MULLEN

Milton, Mass.



**IT'S THE WAY YOU CUT IT**  
 (BY JANE K. GOODMAN AND  
 LINDSEY J. COOPER)

A

The tool you need to get those long thin strips is a zester that has a set of small holes in one end. The small holes mean that you don't cut into the pulp like when you use a peeler, which can be messy. The zester is designed to shred like shavings of zest, so it goes down with a steady pressure as you draw the sharp blades on each hole across the lemon. This technique takes just a bit of practice. You can make your zester about the length of the fruit or go around the middle, but the more distance you can cover in one stroke, the longer your strips will be. If you are using the zester in cooking rather than as a garnish, you can use a vegetable peeler and slice or chop the zest, so the size you want. For more peeling and zesting tips, see "Cooking with the Skin" on page 44.

Q

Blackberry and pulled pork.  
 What's new to love? I needed  
 your recipe (July/August 2014).



### We'd Love to Hear from You!

Please send your questions, comments, suggestions, and culinary musings to [letters@magazine.fox.com](mailto:letters@magazine.fox.com) or visit our website: [fox.com](http://fox.com). Please include your name, address, and daytime phone number. Letters may be edited for length and clarity, to conform to magazine style, visit [fox.com/submit](http://fox.com/submit) and click on the Contact Us icon at the top of the page. We're perfecting food, so call 800.737.7040.

page 220 so to my family eating below by first using my slow cooker. I put the pork roast in overnight without any of the seasonings.

When it was finished cooking and the grease drained away, I shredded the pork and put it back in the slow cooker, adding the other ingredients for the sauce. For another hour the pork cooked on low.

In the meantime, I whipped up some cakeballs because we like our sandwiches topped with them. Having forgotten to pick up butter rolls, I substituted the rolling crinkles for some tangy olive to serve them in and found a package of Oreo's hamburger buns and pulled pork. I thought, what the heck — I was out there!

Last night, my husband and I had deliciously warm and moist Blackberry Pulled Pork Wraps with Colislaw. Thank you for an inspiring summer recipe that didn't even require turning on the oven.

DIANE LYNAN

Brentwood, N.Y.

A

It's always great to hear about our readers' adaptations of our recipes by our readers. Thanks for sharing!

## RECIPE INDEX

### Combination of Citrus and Vegetables

- 40 Citrus Lemon Pot Roast
- 39 Grilled Side Sausage
- 52 Spring Lamb and Vegetable Soup

### LETTUCE AND SALADS

- 42 Cottage and Peas Salad with Green Beans
- 40 Grilled Lemon-Crusted Tofu with Spring Vegetable Salad
- 39 Grilled Beef and Cabbage Salad
- 38 French Pan Roast
- 35 Green Tea-Soy Sauce Salmon
- 34 Balsamic Grilled Potatoes and Peas
- 30 Mexican Chicken Tostitos
- 28 Pink Curry Chicken with Coconut Shrimp and Curry
- 44 Pork with Roasted Apples
- 34 Roast Beef and Potato Salad with Blue Cheese Vinaigrette
- 34 Roasted Vegetable Salad with Citrus Segments and Honey Lemon Dressing
- 40 Grilled Maryland Potatoes with Cheddar and Potatoes
- 53 Southwestern Beef and Lentils with Roasted Potatoes
- 34 Thai Salad with Shrimp and Sesame Dressing
- 37 Turkey with Roasted Beets and Raspberry Vinaigrette
- 33 Vietnamese Pork Roll

### MEATS

- 39 Delicata
- 39 Lemon Angel Food Cake with Raspberry Compote
- 39 Grilled Marinated Lamb
- 38 Pistachio-Roasted Meatballs
- 34 Roast Beef and Potato Salad with Blue Cheese Vinaigrette
- 37 Southwestern Corn and Beans



FOOD



DRINKS



GARDEN



HOME

**OREO**  
Fudge Cremes

One Side Oreo.  
Topped with Creme.  
Wrapped in Fudge.



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Flavors!**

Golden &  
Peanut Butter  
Cremes



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Check for the all natural stamp on your favorite  snacks.

NATURALLY DELICIOUS  
**SAVE \$1**

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1. *Journal of Management Studies*, 1996, 33, 1, 1-14.





## FRESH IDEAS

POWER BOOK

# haddock

**REPORT A QUESTION** If you have a question about your health or want to know more about a certain disease, contact the National Cancer Institute at 800-4-A-CANCER.

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## TEST DRIVE

### energy bars — our reader panel reports

By Alison Giacalone

Sure, the goal right to these well-balanced meals is that there are those times when life — in the morning, especially — like this after-morning groginess — interferes. Whether you grab them for a snack or an occasional meal replacement, energy bars can be a convenient, affordable — and healthy — way for you and your family to eat on the go. At Marketland, we offer more than 50 varieties of energy bars, from high-protein to organic, all-natural, and kid-friendly. Our testers below, which energy bars did they love, tell the most satisfying

“The Luna Bar was filling, energizing, and delicious.”  
— LAMYRA HASSID



**Nabisco's Place**  
Mixed Sesame Honey  
Biscuits Snack Bar



**Luna Bar**  
White Chocolate  
Macadamia



**CLIF Bar**  
Caramel Cacao



**Lambert Cherry Pie**

#### OUR ENERGIZING PANEL



**Alison Giacalone, M.Ed.**  
A bit older than some of the others, but I believe we're through packaging of the Nabisco's Place™ bar. Not too sweet — both my husband and I liked it — and a good source of iron and fiber.



**LAMYRA HASSID, Schoolteacher, NY**  
I'm going to spend money on an energy nutrition bar if it tastes truly energizing and doesn't feel full. The Luna Bar was filling, energizing, and delicious.



**SUSAN JORDAN, Teacher, Maine**  
The CLIF Caramel Cacao Bar is natural, with a very mild and chewy texture. I liked that it's brown, full, and kept me full and energized for most of the afternoon.



**BAKER LEE, Bartender, Mass.**  
I don't see energy bars often, but I liked that the Lambert was made of just fruit and real oil. It would be a good snack.

#### Barry Fox

Along with a good, on-the-go way to get a good workout, energy bars, and a good workout, energy bars are a good way to get a good workout. — Barry Fox

#### Rain Date

Don't let a rainy weekend spoil your family fun time. Let us help you arrange a private showing of the latest films — right in your own living room.



**Redbox** kiosks (pictured) are stocked at thousands of locations across the country. Rent a Redbox for \$1 a night, and the latest for only \$2.50 a night. Check online to see what movies are in your store's stocking — you can even reserve in advance. [redbox.com](http://redbox.com)

Bring home with you a little more fun candy on offer at your family's favorite locations including Fountains, Skittles, and Fun Cops.



So get for some fun candy by our new candy sticks. **Fun Cops** candy sticks are a new selection of the best candy.



# dinner for two

eat well for a healthy pregnancy

By Stephanie Cholewicki MS, RD



## CRITICAL INJURY

during your pregnancy is one of the best things you can do for

you, too. It will set off the best positive things you can do for your baby. Here are some ways to ensure that your baby-to-be grows off to a healthy start.

## Know your nutrients

The most important nutrients to include in your diet during pregnancy are folate and iron, vitamins and protein. Folate will help prevent neural tube defects, so it's important for the delivery of oxygen to your baby and helps protect against anemia, and calcium is crucial for building baby's bones. Protein is a key nutrient in your

body's growth. So what's the best way to get these nutrients?

• **Folate** is added to certain foods (cereal, bread) but other good sources are leafy dark green vegetables, citrus fruits, and beans.

• **Iron** from animal products such as meat is the most easily absorbed. If you prefer plant sources like spinach, pair them with foods or drinks high in vitamin C to enhance absorption.

• **Dairy products** are a rich source of calcium and help to also

packed with it. Many lean meats and seafoods are also calcium loaded. A good source of protein are lean meat, poultry, fish, and eggs. Vegetarian? Try beans and peas, tofu, dairy products, and peanut butter.

## Stick with certain types of seafood

Studies show that women who consume plenty of omega-3 fatty acids during the second and third trimesters give birth to babies with better visual, cognitive and motor development compared with mothers who don't get as much. Pregnant women should avoid shark, white rice, swordfish, king mackerel or tilapia, which have high mercury levels. Fish such as shrimp and codfish are good options since they're low in mercury. A good rule of thumb: the lower and the larger the species of fish, the more mercury it may contain.

## Drink up occasionally

Don't skip out on milk. It's OK to give up to a serving

## DIET STAPLES

Meats to be served at least the following daily:

- **3 servings** from the milk, yogurt, and cheese group
- **4 servings** from the meat, poultry, fish, beans, eggs, and nuts groups
- **3 servings** from the fruit group
- **4 servings** from the veg, edible group
- **3 servings** from the bread, cereal, rice, and pasta groups
- **33 to 38 grams** of fat\*
- **At least 14-16 ounces** of fluid intake during hot weather and if you're not wet

\*Not recommended for those with hypertension.

For more like cookies or no cream, as long as you make smart choices about your overall diet.

Stephanie Cholewicki MS, RD is a Nutrition Consultant in Hanford, Bedford and River Hill states.





## pest control

keep on the right path when you hike by avoiding rummaging with insects

by Erin Graham

**WHILE WOODLAND ADVENTURES** are a great way to enjoy early spring — and a super way to exercise — many bugs can be harmful. Insect bites sting, bite and spread other diseases. Mosquitoes can transmit the West Nile virus, and spiders can be poisonous. The following safety tips can help keep unwanted critters at bay.

**Bee's it all off.** Bees love moisture and feed particularly in flowers or nectar and grassy areas. When you're hiking near vegetation or tall grass, try to stick to the center of trails. Also wear clear of woodpile leaves and debris — bees, looking for a spider.

**Time it right.** Dawn, dusk, and early evening are peak times for mosquito bites. Consider taking your hike at midday.

**Breast the east.** Wear light-colored clothing so you can easily spot cheap ticks and other insects. Remember ticks can be as small as the head of a pin.

**Cover up.** If the weather's right, wear long sleeves, long pants, and socks. If you want to be extra cautious, try tucking your pants legs into your socks to stop insects from creeping up.



Apply some insect repellent and tell those mosquitoes to buzz off while you enjoy the great outdoors



### DEET BLOCKER EXTREME INSECT REPELLENT

This all natural DEET free insect repellent is waterproof and long lasting. It provides protection for 8 hours against mosquitoes and black flies and protection against ticks for 2 hours.



### DEET BLOCKER INSECT CLOTHING & GEAR PROTECTION REPELLENT

Use all seasons! This repellent can be applied to your body clothing and gear to repel mosquitoes for up to 48 hours, and ticks for 2 hours.



### OFF! DEET WOODS INSECT REPELLENT

This natural spray contains 20 percent DEET and provides a level of protection against prickly insects, especially in heavily wooded areas. Perfect for hiking along canyons and sampling ripe



### EARTH DAY HONORS THE GREAT OUTDOORS

Our latest event idea are featured in a number of fun activities for schools during Earth Day on April 22. These include organizing coloring contests for kids and working together to clean up local parks. For the month leading up to Earth Day, visit [EARTH.com](http://EARTH.com) for environmentally friendly products in the green department. For more on why earth day is EARTH Day! At Earth.com, and to learn about our sustainability programs, visit [earthheroes.com](http://earthheroes.com)

## pet project

this spring, consider giving the furriest member of the household an all-natural makeover

By Hilary Clements

**YOU TAKE CARE** of yourself. You eat right, work out, and exercise. But your mutt? Maybe you've even dabbled in holistic health care to treat your four-legged-a-littlemate. A complementary approach to your pet's well-being can be just as effective as curing whomever else a furry companion — from still hops to urinary tract infections to general bad behavior. Used alone or in combination with traditional Western medicine, holistic care options like the following can help keep your lucky happy and healthy.

**Herbal medicine:** According to the American Holistic Veterinary Medical Association, holistic care balances the emotional, mental, and physical dimensions of animals. This means you may be able to use herbs to treat parasites, milk ducts to treat liver disease, and black walnut to eliminate flatulence in dogs, just to name a few. Always work with a holistic vet ([holisticvet.com](http://holisticvet.com/))

or a natural herbstore before starting your pet on any new diet.

**Acupuncture:** Most vets who practice acupuncture tend to use it as a preventive medicine for strengthening a pet's immune system, but it's also a possible option for relieving pain related to arthritis or injury.

**Diet:** When it comes to diet, you and your dog are more alike than you think — and not just because you both prefer your steak medium well. The best way to keep your companion healthy is to start at the dinner bowl. That means load them full of vitamins, minerals, and omega acids with love or an elemental address and pronunciation.

You may be able to use garlic to treat parasites, milk thistle to treat liver disease, and black walnut to deworm.

**Herbalopathy:** In the ancient tradition of homeopathy, a small-diluted dose of a substance is given to treat chronic illness. In your case, chronic snoring, liver shunt allergies, and autism, epilepsy, and thyroid disease can respond well to this technique. But as with any other health regimen, work with a natural expert.

## CHECK DOWN

Cats and dogs are part of the family, so we know you care. And they care, too (quality time, anyone?). Buy More! the dependable pet products you'll find under the More! label — and save really big ones. Just available at our Home 360® pet store-line. With one stop at Home360 you can get all your shopping from 1-877-3-LOVE-BELLS to better bells for a better life. Color will find breaking the bank or leaving a mark. [www.Home360.com](http://www.Home360.com) or 1-877-3-LOVE-BELLS. Dog and cat products are available at [www.Home360.com](http://www.Home360.com) or 1-877-3-LOVE-BELLS.



## sweet success

hannaford shoppers are  
pillbury bake-off finalists  
By Ulf Stern

**C**arly Gagne of Jewett, Mary and Linda Jankowich of Jefferson, N.Y., had never sold baked goods until April 2010. "I'd then done a few things occasionally, both from friends for the 4th of July Bake-Off in 2008, and they each won with recipes made their usual way," the bakers say their recipes for Hannaford were their first submission to the Bake-Off.

"The prize money's pretty good," says Gagne, 51, mother of Grand Figs. "I don't do a lot of cooking, and thought it would be interesting to see if I could go anywhere with it." He entered three recipes, and his Chocolate Chip cookies with Cinnamon Fudge made the cut to the Sweet Treats category. "I was a lot

of cooking in the family, mostly recipe dishes. But it opened the door baking category had more success," he says.

Jankowich first baked at the Bake-Off when she was growing up in Poughkeepsie. "My next-door neighbor was a baker," she recalls. The idea of entering the Bake-Off came in the back of her mind after she won her division, Top in 2008. She says, "I had some time" and thought I'd give it a try."

Jankowich had already submitted three dessert recipes when she decided, go it alone, competition with well-known bakers. The winning Cherry Bars and Apple Cakes, submitted to the Freshness & Flavor category, earned her the trip to the finals.

In Jewett, Gagne and Jankowich won an all-expenses-paid trip to the Bake-Off in Orlando, Fla., along with \$25 and a mystery prize.

*My mom's been a great recipe. It's from the Club Pillsbury Bake-Off, probably something*

"I've found the baking category had more winners — like me"



Share your favorite recipe. You could be featured in the Sharing Page. Just email [ForShare@hannaford.com](mailto:ForShare@hannaford.com)



#### NATURALLY SWEET

Because it is a natural sugar, it has an important benefit for you: Agave nectar can be used as a substitute for dry sugar in baking and cooking. Through its thick, concentrated consistency, it has the same properties as sugar of wet-to-dry brown sugar which is important in caramelizing and browning. And agave nectar food just came to the kitchen—it's also good for you. Agave syrup has a lower glycemic index than sugar—say it, making it a healthier option. For all these health advantages and more, **breakfasters** can learn more at [breakfasters.com](http://breakfasters.com). —Lisa Lorenzolo

#### smooth yet spicy

Agave is a native Mexican plant that, as you can see, grows in thick, fleshy leaves. It also grows in the smaller, spiky variety (left). Central America and Mexico. Once distilled, agave may be used as a natural sweetener. But it also yields a potent, spicy flavor. Agave liqueurs, such as those sold under the name *tequila*, is a spirit made from agave. Though agave is native to Mexico, it is also grown in California and Arizona.







There's no need to rely  
on a lot of pain-killers like  
when you have HivAid.  
As you breathe  
gradually - dependable  
protection that comes in  
a convenient package.



When you need fast relief, turn on a variable frequency ROOMING fan. It's designed to disperse quickly and neutralize odor on contact.



Choose your favorite pastime from our full selection of Healthy Jojo's challenges. It's totally an effective strategy for the whole family.



When you need a  
superbowl-size  
inflammatory (Hill, 20)  
with effective pain  
relieving properties, try  
our top choice,  
Ibuprofen.



The recipes for these water-y infused oils were created by the chef of Portland's famed Pong Street restaurant using premium ingredients that are all natural and sustainably harvested. Available in four delicious varieties:



Leafy twigs provide a source of water and nutrients, and contain oil, fruit, with no added sugar, colors, preservatives, or flavors. The soft seeds of seabird-pollinated birds and vitamin E in the *Udo* seeds and fruit seeds.



These have the usual egg shape and shape in cross, but with irregularly triangular cross-section of eggs - but with some with two lobes.



## Is All the Healthy Cook Soy Good?

DEAL WITH KYLE LINDSEY, MPH, RD, LD



Packed with protein, fiber, B vitamins, and essential nutrients, soybeans are nutritious, loaded legumes.

Just to give both the vegetable and meat/bean-based groups. They're also cholesterol-free and low in saturated fat. But as more and more soy-based goods hit the shelves — burgers, cheese-stuffed buns, soy butter, yogurt, and frozen desserts, to name a few — more shoppers

A cup of fortified soy milk provides 7 grams of protein — almost the same as a cup of cows' milk.

are left wondering what exactly soy is and how it really all fits together.

### Is soy a health food?

Soy proteins clearly resemble the proteins in beef and milk, making it a good alternative to animal proteins. One cup of drained yellow soybeans provides 26 grams of protein, which is comparable to the 29 grams of protein in 4 ounces of ground beef, while a cup of fortified soy milk provides 8 to 7 grams of protein — almost the same as a cup of cow's milk.

In addition, the soybean is the only plant protein considered to



be complete, meaning it provides all the essential amino acids the body is unable to produce. The beans also contain phytoestrogens, which produce estrogen-like effects in the body that may offer protection against some diseases, including breast cancer. Soy research is ongoing.

### How much soy is enough?

For the average person, consuming soy in three servings each day is enough to reap the full health benefits. Serving size examples include:

- A cup-cooked soybeans
- A cup-dressings
- A cup-plain
- 1 cup soy milk
- 1 soy-based burger

### Are soy foods sources of soy better than others?

Before soybeans become an infinitely processed soy foods, produce most of the beneficial nutrients found in soybeans. Examples include edamame — soy beans, soy milk, soy milk, soy oil, soy oil, and soy oil.

For more information about soy foods, visit [soyfoods.org](http://soyfoods.org) to download a guide.

## Against the Grain

It may not matter how you slice a hamburger, but eating one made from longer muscle fibers — and the longer the fibers, the less tender the meat. Cutting across the grain (against the direction of the muscle fibers) means while cooking with the grain leaves them long and tender for chews. The cut against the grain, against the direction of the grain, also means 1 of its degrees angle and enjoy a tender bite.

### Food Fight

## All-Beef Hot Dog on a White Bun vs. Soy Dog on a Whole Wheat Bun

**SOY OFFERS FIBER** in the hot dog, soy, and whole wheat buns is a good choice for the health-conscious diet.

ALL-BEEF HOT DOG ON A WHITE BUN

Calories: 252  
Calories from fat: 123  
Total fat: 14.2 g  
Saturated fat: 5.4 g  
Fiber: 2 g  
Sodium: 130 mg  
Protein: 21 g

SOY HOT DOG ON A WHOLE WHEAT BUN

Calories: 135  
Calories from fat: 4  
Total fat: 5 g  
Saturated fat: 0.5 g  
Fiber: 4 g  
Sodium: 640 mg  
Protein: 12 g

# hoagies & heroes





## Tasty sandwiches showcase international flavors

BY SEVERIN BALLARD • PHOTOGRAPHS BY HEATH ROSSINI

S ubmarines, cones, torpedoes, bombers, coppers. A list of battle weapons, perhaps? No, these are some of the regional names given to sandwiches served on long, flat, roll-shaped, as the names suggest, like a submarine.

The colorful names we give to these sizable creations depend on geography. Philadelphia's eat, heagles, supposedly named after Hog Island where World War I-era immigrant workers enjoyed the sandwiches. In New Orleans they're po'boys, said to be named for the free lunchettes once served to striking streetcar workers. Grinders are the choice in the mid-Atlantic states (and Midwest), perhaps because "grinder" was once a slang term for the Italian-American dock workers who loved the sandwiches. The sandwich changes its name to the Cubano in Miami, where it's filled with ingredients popular with the Cuban community, and in New York it's a hero, so called because a 1930s food writer declared you'd have to be a hero to finish one. In addition to variations in the ingredients are favorite regional fillings as well.





## FRENCH PAN BAGNAT

SERVES 4

ACTIVE TIME 40 MINUTES

TOTAL TIME 1 HOUR

Pan bagnat, or "baked bread," is often made in France with day-old bread.

- 1 1/2 cups red wine vinegar
- 1/2 cup Dijon mustard
- 1 small clove garlic, minced
- 1/2 cup salt
- 1/2 cup freshly ground black pepper
- 2 1/2 cups extra-virgin olive oil
- 2 (3 1/2-ounce) water-packed tuna, drained and flaked
- 1 (6 1/2-ounce) Pilsener Beer (optional)
- 1 tomato, sliced thin
- 1/2 small red onion, sliced thin
- 2 (1/2-inch) wild shrimp, peeled and deveined (thawed, if frozen)
- 1 cup Nature's Place Baby Spinach
- 2 hard-boiled eggs, peeled and thinly sliced
- 4 natural pickles, sliced and drained
- 1 tsp. sugar (optional)

- 1 In a medium bowl, whisk together vinegar, mustard, garlic, salt and pepper. Whisk in olive oil and emulsified. Remove 1 1/2 cups of dressing and reserve in a small bowl. Add tuna to remaining dressing and toss to mix.
- 2 Slice bread in half horizontally and remove some of the bread from each half, leaving for another use (see sidebar on page 104). Place (tuna in the hollowed-out bread bottom). Top with tomato, onion and pepper strips, spinach, egg slices, olives and capers. Drizzle with reserved dressing. Cover with top half of bread and press firmly together.
- 3 Wrap sandwiches tightly in aluminum foil or waxed paper, then place underneath a baking stone or heavy pot and weigh pans with canned goods for 30 minutes. Unwrap, cut into quarters and serve at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (EXCLUDING 1/2 CUP CARBOHYDRATE-DEPRIVED TOPPING): 100 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN, 10g FIBER, 10g FAT, 10g SUGAR, 10g CHOLESTEROL, 10g SODIUM, 10g FIBER.



## good and healthy

Some studies have suggested that moderate consumption of fish may help lower blood pressure, prevent coronary heart disease and even reduce the risk of Alzheimer's disease. Flaxseed rich in omega-3 fatty acids, which may confer a variety of cardiovascular and other health benefits.

# ITALIAN EGGPLANT PARMESAN HERO

SERVES 4

ACTIVE TIME 30 MINUTES

TOTAL TIME 60 MINUTES

When choosing an eggplant, select one that is firm and heavy for its size, with a vivid color and a smooth skin. Cooking the eggplant in the oven makes for a healthier alternative to the traditional method of frying the slices. Recipe may be halved.

- 2 Top olive oil drizzled
- 1 medium eggplant (about 1½ lb), peeled and cut crosswise into ½-inch-thick rounds
- 2 eggs beaten
- 1 cup seasoned bread crumbs
- 1 olive garlic spray plant
- 1 ½ lb (a 1-lb) shredded tomatoes
- ½ cup mozzarella
- ¼ cup salt
- ½ cup freshly ground black pepper
- 1 cup shredded fresh basil, divided

- 1 (16-oz.) jarred Pesto Sauce (see recipe on page 10)

- 4 oz. fresh mozzarella, sliced

1. Preheat the eggplant. Preheat oven to 425°F. Spray 2 rimmed baking sheets with olive oil cooking spray. Slice rounds each with 1½" top of the oil and spread with a paper towel. Preheat the sliced pane for 10 minutes.

2. Dip eggplant slices in the beaten egg, then the bread crumbs. Arrange on a single layer on the oiled, preheated pan and cook 10 minutes. Turn slices over and bake another 10 minutes. Cheeses should be crisp and browned. Remove from oven. Keep warm.

3. While eggplant is cooking, prepare the tomato sauce. In a medium saucepan, heat the remaining 1 Tbsp. oil over medium-high heat. Add garlic and stir for 30 seconds. Add tomatoes and sugar, bring to a simmer and cook, uncovered, stirring occasionally for 25 minutes. The sauce should thicken slightly. Stir in salt, pepper and ½ cup of the shredded basil. Remove from heat.

4. Assemble the hero. Slice the tomatoes half on half horizontally. Remove some of the seeds from the top and bottom end to serve for another use (see sidebar on page 12). Place a layer of eggplant slices on the bottom half. Spoon some of the tomato sauce over the eggplant, then top with mozzarella slices and the remaining 1 cup basil. Cover with another layer of eggplant topped with more tomato sauce. Remove any remaining sauce for serving. Cover with heated top.

5. Wrap the sandwich in aluminum foil and place directly on a rack in the oven. Bake for 10 minutes until cheese is melted and bubbly, in browned through. Unwrap, slice into quarters and serve immediately with any extra sauce on the bowl or on the side for dipping.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
WHEN SERVED WITH CARBOHYDRATE EXCHANGE  
AND THE EXCHANGE FOOD COLLECTION  
© 2006 NORDEN EDITIONS











Enjoy an array of treats  
inspired by the season

# the sweet taste of spring

PHOTOGRAPHS BY JENNIFER L. HARRIS FOR THE SPRING COLLECTION

**a**fter a long winter in New England and New York, spring typically finds us alert for and appreciative of each sign of renewal life emerging in the world around us. Our senses seem to be more finely tuned, causing us to savor the colors, tastes, and fragrances of the season. The turn of the calendar also invites a renewal of creativity in the garden and in the kitchen, where the season provides the inspiration for this quartet of desserts.

Cucuzzi is the first order of spring, popping out even before the flowers buds appear. Our pale green Peaches, Mini Marquises have a delicate crunch. Flavored with cracks of fresh mint leaves.

The bright, delicate, ruffled flower imposed a branch cooked of the same name: a fleshy mix of orange, pear and champagne. The cocktail was inspired, via Minnie Tarr, with shades reminiscent of dahlia in its layers of golden-orange petals and a little vanilla scented, white cream.

**Shishito:** an immature cluster of red and pink, not a spring vegetable that's often paired with fish — an interesting, mildly sweet taste making it perfect for pies, craps and preserves. When emboldened by the sunny flavors of citrus and honey, shishito becomes a delicious, sweet food color.

The food aspect of parties for preteens and teenagers, even teenagers themselves, with pastel butter frosting, shoddy chocolate truffles, marshmallows and candy coated chocolate, especially has to make it fun if you are decorating them with children.

Draping special-occasion indulgences that capture the delicate colors and textures of the season is a perfect way to celebrate what you love about winter.



 Journal of Internal Medicine

Mail was an ancient symbol of hospitality – the Greeks would submit an banquet table to welcome guests. In addition to its refreshing flavor, mail also offers many health benefits. Acting as an aid for stomach problems, nausea, heartburn, and indigestion, lemon mail

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These green-fleshed radishes cook down spring with their fresh mint leaves. Cooking at a low temperature helps keep the radishes from becoming. They're pale on the outside but light green down to the ground parsnips when you make a stir.

- 9. egg shell cracked; placed on
- 10. egg plant / 1 fling, sugar shell
- 11. egg white
- 12. place left
- 13. top, variety, extra
- 14. 100% pure, smooth, fresh, moist

2. Place *penicillium* on a food processor or blender with 1 tbsp. sugar and process until you resemble a fine powder. Be careful not to overprocess one can better for taste.
3. In a large bowl beat egg whites with salt until foamy, using an electric mixer on medium-high speed. Add 1/2 cup of the sugar and beat until soft peaks form. To visually aid, remember to cup sugar or beat sugar until soft peaks form. Add vanilla and malt and mix just until incorporated. Gently fold in the ground potato chips.
4. Transfer batter to a large snout chalice.

please tug and push several one corner folds in half inch creeps at the corner and use the tug to pop squarish folds onto the prepared baking sheet about 1 inch apart. Alternately drop marangoni by half-spoonfuls onto baking sheet. Bake for 40 minutes. Turn off oven and leave in for 1 hour. Remove tray from oven and allow to cool completely. Serve or store at room temperature as an instant economy.

APPROXIMATELY 16,700 TONS OF COAL PER MONTH  
WILL BE REQUIRED TO SUPPLY THE PLANT  
AND THE ELECTRICITY AND CHEMICALS PLANT  
NEARBY. AT THIS



## COMPOSITE COMPOTE

MAKES 12

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

(INCLUDING COOLING TIME)

Flocks of locusts nest under the cake with a tangy, springtime flavor, making it a perfect backdrop for the tangy composite.

**NOTE:** Fresh rhubarb is available in April, but you can substitute frozen rhubarb or frozen cranberries in this recipe if you have moved your stash through the winter.

### Ingredients

- 1 cup cake flour
- 1 cup superfine sugar, divided
- 8 egg whites (about 1½ cups)
- 1 tsp salt
- 1½ cups cream of tartar
- 1 tbsp ground lemon zest
- 1 tbsp fresh lemon juice

### Rhubarb Composite

- 1½ lbs. rhubarb, trimmed, cut into 1-inch pieces (about 3 cups)
- 1 cup honey
- ½ cup ground lemon zest, or to taste
- 1½ cups ground cinnamon, or to taste
- 1 cup orange juice
- 2 tbsp "balsam of lemons" or Raspberry Fruit Syrup

1. Prepare the cake. Preheat oven to 180°F. Place evenly as suggested. 18 inch cake pan, preferably with a removable bottom.
2. Mix flour and 1 cup of the sugar together into a medium bowl. Whisk to mix thoroughly and set aside.
3. Place egg whites in a large bowl and add salt and cream of tartar. Using an electric mixer on medium speed, beat whites until foamy. Gradually add remaining ½ cup sugar and beat until soft, glossy peaks form.
4. Gently fold in lemon zest and juice. Fold in the sifted flour mixture in two additions.
5. Transfer batter to the cake pan and bake until surface is golden and springs to the

touch about 45 minutes. Remove from oven and invert the pan, allowing cooling on its legs or the neck of a bottle, so air can circulate. Cool cake completely while it is upside down. When cool, run a knife between the cake and the pan to separate into a piece. (Can be made up to 3 days in advance. Wrap well in plastic wrap and store at room temperature.)

6. While cake bakes, prepare the composite. Place rhubarb, honey, lemon zest, cinnamon, orange juice, and syrup in a medium saucepan over medium-low heat and stir to combine. Cover and cook, stirring occasionally until rhubarb pieces plump nicely with a hole about 6 centimeters. Cool at room temperature for 15 minutes, then transfer to an airtight container and chill. (Can be made in advance. Refrigerate in an airtight container for up to 3 days in fridge.)
7. To serve, top slices of cake with chilled composite. Serve additional composite as a bowl on the side.

**COMPOSITE:** The Composite Rhubarb Composite is a tangy, springtime flavor, making it a perfect backdrop for the tangy composite.



## RHUBARB RULES

Rhubarb was cultivated in America as far as 3,000 years ago, used mainly for medicinal purposes. It wasn't until the 18th century that rhubarb was grown for cooking in the Americas. In fact, rhubarb is a source of potassium and vitamin C and has no calories. Though a vegetable, rhubarb is so popular as a pie filling that it is often referred to as the "pie plant." It is usually harvested because it is relatively fast.



#### INGREDIENTS

SERVES 12 CANDLES (2 CANDLES PER CANDLER)  
ACTIVE TIME 1 HOUR 10 MINUTES  
TOTAL TIME INCLUDES 40 MINUTES

These mini cupcakes are sweet as can be and fun to decorate. Place a “candle” of them atop any where or good-colored cake stand for a spring brunch or baby shower or birthday party. Undecorated cupcakes may be frozen.

- 1/4 cup milk
- 2 (medium) quartered lemons
- 1 1/2 cups all-purpose flour
- 1 cup baking powder
- 1/2 tsp salt
- 1 cup sugar
- 1 cup (2 sticks) unsalted butter at room temperature, divided
- 3 eggs
- 2 tsp vanilla extract
- 2 cups confectioners’ sugar
- Food coloring (yellow, pink, or green)
- 24 (regular or muffin-size) mini/midi/marshmallow or candy-corned-marshmallows (such as M&M’s)
- 12 cup-shaped candles

**1.** Preheat the cupcakes. Preheat oven to 325°F in a small convection fan with convection. Turn off heat, add tea bags and let steep for 5 minutes. Remove tea bags and let milk soak to cool slightly. Line one 24-cup or two 12-cup mini/midi pan(s) with paper muffin cups.

**2.** In a medium bowl, stir together flour, baking powder and salt and set aside.

**3.** In a large bowl, use an electric mixer on medium-high speed to cream regular sugar with 1/2 cup of the butter.

**4.** Add eggs one at a time, mixing on medium speed until each is incorporated. Beat in the vanilla.

**5.** Add half the flour mixture and mix just until incorporated. Add 1/2 cup of the remaining milk and mix on low speed. Scrape the sides of the bowl, then add the remaining flour and mix just until smooth.

**6.** Divide batter evenly among muffin



cups. Bake until golden and springy to the touch, about 14 to 18 minutes. Allow to cool completely. (Can be made in advance and frozen, reheated for up to 2 weeks.) **7.** When cupcakes are cool, prepare the frosting. In a large bowl, use an electric mixer on low speed to combine confectioners’ sugar and remaining 1/2 cup butter and mix until thickened — mixture will be crumbly like a 2 (bags) of the creaming powder mix. Add additional milk (cream or regular) as needed to achieve a spreadable consistency. Keep frosting white, or color as desired with food coloring. If you want a few colors, divide frosting into smaller bowls and give each a different color.

**8.** Spread frosting on the cooled cupcakes.

**9.** To decorate, place one marshmallow or M&M in the center of each cupcake. Use round with 6 to 8-faced elements to make shiny petals, gently pressing them into the frosting. Serve immediately or store in an airtight container at room temperature for up to 3 days.

PHOTOGRAPH BY MICHELLE VAUGHN FOR EATINGWELL.COM  
STYLING: JESSICA HARRIS  
PROP STYLING: JESSICA HARRIS  
PROP STYLING: JESSICA HARRIS

Food writer Debbie Mikovsky is based in the garden in her New Hampshire neighborhood.

Try the layered look for an extra  
appealing – and portable – creation

# make-and-take salads

RECIPES BY KIMBERLY HARFONE  
PHOTOGRAPHS BY RELLER + RELLER

**THE FRESH VEGETABLES OF SPRING** are at their best when showcased in a salad. And when you add protein to those vegetables, you get a more substantial offering that can qualify as a main event. Salads are an eye-appealing dish to bring to a party or potluck, and when you layer the various components you avoid the possibility that your creation might become soggy and disheveled on its trip to the table.



HEALTHY AND TASTY SALAD  
WITH BLUE CHEESE DRESSING



**The formula for a layered salad is quite simple:** Use a large salad bowl and start with leafier vegetables, like carrots, onions and cabbage. Place mild proteins made at cubed from or canned beans followed by more delicate vegetables like sliced tomatoes. Drizzle the dressing over these layers—but don't toss the salad yet. Then wrap the dressing up help-flare the number items and the protein won't get soggy. The next layer should be starch like cooked noodles or rice, followed by greens, then finally garnishes. Come you can build all the layers, cover the bowl with plastic wrap and refrigerate until second

We've created four new one-bowl curries which each is a complex meal with ample vegetables, healthy proteins and tasty garnishes like toasted nuts and intense chutneys.

Large green leaves are perfect for showing off the colorful layers of fruit of these salads — especially when you've got vegetables like ruby-colored beets and deep green baby spinach — but any salad bowl will do. Whimsical drawings as opposed to creamy dressings, let the colors and textures of the salad show through. Purple spring greens and beets become an unexpected layered salad, treated as the central focus. Use

your car, boats, that will keep their engines warm when started. When downstate calls, connect or pass arrive at your destination, simply pass the cold and warm.

ROAST BEEF AND POTATO SALAD  
WITH BLUE CHEESE VINAIGRETTE

1. [Introduction](#)  
 2. [Getting started](#)  
 3. [Getting started](#)  
 4. [Getting started](#)

This step-down (and step-up) sub delivers a powertrain of choice, having four bolt-inder options and easy blue-chip choices. Service may be needed.

1000

- 4) medium red potatoes: each cut into 1/2" strips
- 5) cut onion
- 6) red skin: finely sliced
- 7) 1/2 lb. 1/2 inch thick tripe: cut into 1/2" strips
- 8) 1/2 lb. 1/2 inch thick tripe: cut into 1/2" strips
- 9) 1/2 lb. 1/2 inch thick tripe: cut into 1/2" strips
- 10) 1/2 lb. 1/2 inch thick tripe: cut into 1/2" strips

[illegible]

- [illegible]

- 1) top soil
- 2) top, freely ground block, proper
- 3) top, before raised
- 4) Top, after water down
- 5) even, raised, disturbed, then raised

3. Place potatoes and onion in a microwave-safe bowl or microwave steam bag. Microwave on high for 8 to 12 minutes, until just tender (test by cutting 12 minutes). Rotate and microwave until potatoes are completely tender.

**E** While potting-socks poppin' the drum, try in a small bowl while the recipe salt pepper and minced until evenly blended. Wash in the oil and substituted three, gently use as the blue cheese on the crumbles layer three drum.

**3.** Place the steaks in a large serving bowl. Add a layer of potatoes (not next to beef) and tomatoes. Drizzle the dressing over the salad. Top with a layer of tomato.

4. Refrigerator vent needed: You will notice

APPROXIMATE SALT/PROTEIN RATIO PER GRAMME  
 OF ALBUMIN AND GLOBULIN IN THE TOTAL  
 IN THE CIRCULATION FROM EXPERIMENTAL  
 DATA (GROSS ET AL 1970)

### LAYERED SALAD FORMULA

Layered salads consist of several components: heavy vegetables, potatoes, delicate veggies or fruit, dressings, starches, greens, and garnishes. Dressings, herbs, fruit, and other mix-ins are usually used *à la carte* and added to the salad as desired.

Primary Vegetation	Perforin	Salinity Regulation and Perforin	Secondary	Soil conditions	Climate	Germination
<ul style="list-style-type: none"><li>● Puccin grass</li></ul>	<ul style="list-style-type: none"><li>● <i>Polypodium</i> species, also <i>Polypodium</i> sp.</li></ul>	<ul style="list-style-type: none"><li>● <i>Campanula</i></li></ul>	<ul style="list-style-type: none"><li>● Any of the four shrubs, or all of them except <i>Urtica</i></li></ul>	<ul style="list-style-type: none"><li>● Gravelly soil or rice fields</li></ul>	<ul style="list-style-type: none"><li>● Mildly warm</li></ul>	<ul style="list-style-type: none"><li>● <i>Campanula</i></li></ul>
<ul style="list-style-type: none"><li>● Grass, grass or low tree</li></ul>	<ul style="list-style-type: none"><li>● <i>Polypodium</i> sp.</li></ul>	<ul style="list-style-type: none"><li>● <i>Campanula</i></li></ul>	<ul style="list-style-type: none"><li>● <i>Urtica</i> sp.</li></ul>	<ul style="list-style-type: none"><li>● Gravelly soil or rice fields</li></ul>	<ul style="list-style-type: none"><li>● Mildly warm</li></ul>	<ul style="list-style-type: none"><li>● <i>Campanula</i></li></ul>
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## TURKEY WITH ROASTED BEETS AND RASPBERRY VINAIGRETTE

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 45 (INCLUDING COOKING TIME)

Turkey farms are on the rise of the region, with sweet apple, crunchy celery and tender turkey rounding out the plate. Beets can be roasted and prepared 1 day ahead. Recipe may be halved.

### Sauce

- 1 lb. beets, washed well, ends trimmed
- 1 tsp. canola oil
- 2 cups or 3/4 cup finely diced apples, coarsely chopped
- 1/2 cup onion, such as Vidalia, finely sliced
- celery stalks, finely sliced on the diagonal
- 1 lb. (2 1/2-inch thick) bone-in turkey (2 to 3 slices), cut into one-inch steaks
- 1 cup Melissa's House-Made Anchocho

- 1 cup crumbled roasted fat-free
- 1 cup beets, washed, sliced, and quartered

### Dressing

- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. fresh lemon juice, just
- 1 Tbsp. water
- 1 tsp. Dijon mustard
- 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper



good and healthy

Local, Redefines-Usable Deli Meats

There's a local deli somewhere half the volume of traditional deli meats and instead, ask at the deli for half-inch thick slices, perfect for cutting into strips or cubes and eating in a salad.

ROASTED BEETS  
ADD 1/2 CUP (1/2 CUP) TO THE SALAD



1. Preheat oven to 400°F. Spray a baking sheet with olive oil cooking spray. Rub beets with oil, place on baking sheet, and roast in oven for 50 to 60 minutes, depending on the size — large beets may take the entire hour to roast. Let beets cool for 30 minutes.
2. While beets roast, make the dressing in a medium bowl, whisk all the dressing ingredients together until just dissolved and dressing is smooth. Alternately combine the ingredients in a jar with a tight-fitting lid and shake until smooth and evenly blended. Then apples with dressing as a medium bowl and set aside.
3. When beets are cool enough to handle, slice all the three slices in very thin (1/4-inch) rounds and discard. Cut beets into thin — one chunk. Set aside.
4. Place onion and celery in a large serving bowl. Add a layer of turkey. Add apples and dressing to the bowl. Add a layer of beets and apples. Sprinkle fat and walnuts, if using, over the salad.
5. Cover and refrigerate until needed. Toss well but gently just before serving.

APPROXIMATE NUTRITION VALUES PER SERVING  
150 CALORIES, 40g CARBOHYDRATE, 10g PROTEIN,  
10g FAT, 10g SODIUM, 10g CHOLESTEROL,  
10g FIBER, 10g SUGAR, 10g FAT

Kindly Magazine has been a local profile, earned for more than 20 years, and operates WOW! Delicatessen, a major development company with both corporate and publishing clients.

## A Taste of Ireland

Add some excitement to traditional dishes

RECIPES BY SARAH GRANT PHOTOGRAPHY BY KELLIE COLLIS

Visitors to Ireland today find some things else to savor in their abundance in the country and the charming people. The food served in numerous quaint little, newly renovated, and every village pub delights them with its quality and creativity. Those who arrive expecting only the gastronomical comfort foods Ireland has been known for will likely be surprised by the sophistication they find on menus. While hearty stews, steaming pasties, and hot Irish breakfasts are still popular, Irish cooks are serving up some new and healthier creations.

Irish chefs have become fascinated with locally grown foods, healthier cooking techniques, and nutritional values. The presence of renowned "cooking" schools like the one in Galway and an ISO-9000 organic farm is also boosting Ireland's reputation as a destination for food lovers. Add to that an increasing adoption of local native foods — basil, asparagus, and dairy products — just for starters — and you have a recipe for culinary innovation.

Here are six selected some traditional Irish specialties with an eye to a modern mix, preparation while adding flavor and nutrients. Irish bread, without ample explanation, became a daily staple in the early 19th century with the arrival of "baked soda" (baking soda) on grocery shelves. Emerald Isle Soup got its start as green from the powerhouse combo of spinach and broccoli. Gorta is the star theme in the seagulls' shepherd's pie — a meatless dose of vegetable beauty, the mashed potato topping. Please enjoy Irish garlic and olive oil, but mostly traditional ingredients in Irish cooking. You may find me more as ubiquitous in Irish Irish cuisine and history.

**RAISIN-STUDDO  
SODA-BREAD MUFFINS**  
SERVES 6 (MAKES 12 MUFFINS)  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 30 MINUTES

Parents will tell you that real Irish soda bread isn't sweetened. But we like the sweetness it adds in these wonderful muffins. This New England version also contains molasses for a hint of sweetness. These muffins are best when fresh, the oven. Leftovers are good stored and reheated the next day. Recipe may be halved.

- 2 cups all-purpose flour
- 1½ cups whole-wheat flour
- ½ tsp. baking soda
- 1 tsp. baking soda

- 1 cup raisins
- 1½ cups milk or low-fat buttermilk
- 2 Tbsp. molasses

1. Preheat oven to 400°F. Spray a twelve-cup muffin pan with vegetable cooking spray.
2. In a large bowl, whisk together both flours, salt, and baking soda. Stir in molasses, butter, and milk as well as the raisins.
3. In a liquid measuring cup, add buttermilk with molasses. Pour into well as dry ingredients and stir just until incorporated.
4. Drop dough into prepared muffin cups. Bake until muffins are done to the touch, about 30 minutes. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (40 CALORIES): 10g CARBOHYDRATES, 50 PERCENT DAIRY AND 10 PERCENT WHOLE-GRAIN FIBER, 10 PERCENT SODIUM, 10 PERCENT





# EMERALD ISLE SOUP

SERVES 4

ACTIVE TIME 30 MINUTES

TOTAL TIME 40 MINUTES

We created this springgreen soup as a nod to Ireland. Recipe may be halved and may be frozen.

1. 1 cup pure olive oil
2. 1/2 cup (1/2 cup) sliced onions (diced in Produce)
3. 1/2 cup minced garlic
4. 1/2 cup (1/2 cup) Nature's Place® Baby Spinach
5. 1/2 cup all-purpose flour
6. 1 cup vegetable broth (diced)
7. 1 cup coarsely chopped broccoli florets, (diced) optional for optional garnish
8. 1/2 cup coarsely chopped carrots
9. 1/2 cup (1/2 cup) coarsely chopped
10. 1/2 cup, freshly ground black pepper (or to taste)
11. 1/2 cup, nonfat Greek yogurt (optional)

1. In a large skillet, heat oil. Add onions and garlic and cook over medium heat until onions are translucent, about 10 minutes. Add spinach and stir occasionally in olive oil until it cooks uniformly. When spinach has wilted, add flour and continue to cook for about 4 minutes, stirring often.
2. Meanwhile, in a deep-saucepan, bring 1 1/2 cups of the broth to a boil over high heat and add broccoli and carrots. Cook until tender, about 5 to 8 minutes.
3. Add remaining 1 1/2 cups broth to the spinach mixture, stirring continuously until thick and darkened and bubble about 4 to 5 minutes. Let rest on medium a minute.
4. Add spinach mixture to cooked broccoli and carrots. Puree with an immersion blender or in a blender or food processor until smooth. Stir in coarsely ground salt and pepper and gently reheat. Serve hot, with a dollop of yogurt and a broccolini floret, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
200 CALORIES, 100 CARBOHYDRATES, 10 PROTEIN,  
100 MG CALCIUM, 100 MG CHOLESTEROL,  
100 MG SODIUM, 100 MG FIBER.

## chef suggestions

Choose here for this Irish treat! Pair the delicate Emerald Isle Soup with the cold Irish Cream and refreshing Irish Ale, which also makes a good match for the Cabbage and Pork Salad. For the full Irish experience, try the Irish Soda Bread with the Irish Ale.

EMERALD ISLE SOUP

# SKELET SHEPHERD'S PIE WITH GREEN MASHED POTATOES

MAKES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

The green fill on shepherd's pie resembles more like an alphabet of various late-winter vegetables: collards, and several other minerals with the addition of carrots and kale. Lamb (the traditional meat in shepherd's pie) is very rich. We kept some lamb for flavor but lightened the dish by combining it with lean ground turkey or beef. Why be lazy?

- 1 (1-cup) pkg. dried yellow onion
- 2 (1-cup) pkg. dried onion
- 3 (1-cup) pkg. dried onion
- 4 (1-cup) pkg. dried onion
- 5 (1-cup) pkg. dried onion
- 6 (1-cup) pkg. dried onion
- 7 (1-cup) pkg. dried onion
- 8 (1-cup) pkg. dried onion
- 9 (1-cup) pkg. dried onion
- 10 (1-cup) pkg. dried onion
- 11 (1-cup) pkg. dried onion
- 12 (1-cup) pkg. dried onion
- 13 (1-cup) pkg. dried onion
- 14 (1-cup) pkg. dried onion
- 15 (1-cup) pkg. dried onion
- 16 (1-cup) pkg. dried onion
- 17 (1-cup) pkg. dried onion
- 18 (1-cup) pkg. dried onion
- 19 (1-cup) pkg. dried onion
- 20 (1-cup) pkg. dried onion

1. Preheat oven to 350°F. In a large pot, sauté onion and carrots in oil over medium heat. Add meat and cook 3 to 5 minutes, stirring occasionally. Add kale and beef or turkey and reduce heat to medium-low. Continue cooking and stirring occasionally until meat is cooked through, about 7 minutes.
2. Meanwhile, in a second medium skillet, sauté onion and carrots in oil over medium heat, and add garlic. Sauté for 30 seconds, then add much more, and ½ cup of the broth. Continue to sauté, stirring occasionally, until about 5 minutes, then cook for 2 more minutes. Add kale and cook, stirring occasionally.

3. Add onion and carrots. Cook until tender and liquid has evaporated.
4. Lower heat slightly and stir in lentils. Continue to stir until all ingredients are well coated and then has "steamed" in pan about 3 minutes.
5. Add remaining 1½ cups broth, stirring constantly until broth has thickened and is bubbly. Stir in salt and pepper. Reduce heat to low and stir occasionally to prevent ingredients from sticking.
6. In a large microwave-proof bowl, cook carrots with water on high covered for 3 minutes. Drain cooking water into a small bowl and reserve. Add mashed potatoes and pour with an immersion blender in

- with a processor until green are well combined. If potatoes seem very thick, add 1 Tbsp. of more of the reserved cooking water or stir them slightly as needed. Cover bowl and microwave for 3 minutes on high. Stir to distribute heat.
7. While potatoes are heating, pour off all the fat from the cooked meat. Stir some mushrooms into mixture and mix well. Divide among 4 bowls. Top each bowl with a quarter of the cooked potatoes and serve immediately, garnishing with parsley if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
400 CALORIES, 17% CARBOHYDRATE, 12% PROTEIN,  
50% FAT (SATURATED: 10% CHOLESTEROL,  
10% SODIUM) 10 FIBER







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### CABBAGE AND PEAR SALAD WITH GREEN DRESSING

SERVES 4

ACTIVE TIME 30 MINUTES

TOTAL TIME 35 MINUTES

Cabbage is an Irish staple. This sprightly combination of the vegetable as a primary side of flours and meats. This salad is best made just before serving.

1. Slice cabbage into 1/2 inch (1/2 inch) rounds.
2. Slice 1/2 inch (1/2 inch) rounds.
3. Slice pear into 1/2 inch (1/2 inch) rounds.
4. Slice 1/2 inch (1/2 inch) rounds.
5. Chop 1/2 inch (1/2 inch) rounds.
6. Chop 1/2 inch (1/2 inch) rounds.
7. Chop 1/2 inch (1/2 inch) rounds.
8. Chop 1/2 inch (1/2 inch) rounds.

### good and healthy

Dark, dark leafy kale is rich in fiber and is a good source of vitamins A, C, and K and is rich in antioxidants. One cup of cooked kale has 100 calories, 10 grams of fiber, and 10 percent of the suggested daily requirement of calcium. Kale is rich in antioxidants, fiber, and is a good source of calcium. Kale is a good source of calcium, fiber, and is a good source of calcium. Kale is a good source of calcium, fiber, and is a good source of calcium.



CABBAGE AND PEAR SALAD WITH GREEN DRESSING

1. Slice 1/2 inch (1/2 inch) rounds.
2. Slice 1/2 inch (1/2 inch) rounds.

3. Combine cabbage, onion, and pear in a medium bowl. Top gently with 1/2 cup of the dressing and mix gently. Top with 1/2 cup of the dressing and mix gently. Top with 1/2 cup of the dressing and mix gently. Top with 1/2 cup of the dressing and mix gently.

ANTIOXIDANT VALUE OF VITAMIN C PER 8 OZ. SERVING  
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ANTIOXIDANT VALUE OF VITAMIN C PER 8 OZ. SERVING



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# Cooking with Zest

Adding bursts of citrus peel is a healthy way to boost flavor

BY MATTHEW BAKER MS RD AND JOSEPHINE HUNTER RD

One of the biggest benefits of low-calorie and low-fat diets is eating a flavor boost into the nutritious portion of limit fat, sugar, and other chemicals, period or grain. Full of aromatic oils, zests can add length, but not more fat, to your diet to a variety of sprouts, herbs.

On top of adding a touch up to medicine, zests usually no-calorie, zests can offer a number of beneficial phytochemical antioxidants. The phytochemicals that are responsible for the sharp bite of zests and other citrus can help fight a variety of cancers by reducing the incidence of cancerous cells. In fact, research at the University of Arizona discovered that people who regularly consume citrus can reduce their risk of skin cancer by about 30 percent. Moreover, an antioxidant abundant in grapefruit and other citrus could also help reduce breast cancer development.

When eating, be careful to remove only the outermost layer of peel and use the white pulp, which is unpleasantly bitter. Since you will be eating the fruit, peel makes sense to give citrus good taste before eating, and use the organic products if you're concerned about pesticide residues that may concentrate in the rind. Zests can be stored in an airtight freezer bag and frozen ready-to-use straight from the freezer (they might be a little less of flavor) so add a little zest!

## FILM-SEARED CHICKEN WITH DRAPEFRUIT, RAUBARS, CHUTNEY

10 to 15

10 to 15

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 25 MINUTES

This chutney combines the flavors of drapefruit and drapefruit in an entirely new way. By serving this lively chutney with a side of steamed green beans garnished with orange zests, the recipe may be baked and may be frozen.

**Notes:** Fresh drapefruit is available in April, but you can substitute frozen drapefruit or frozen raspberries in this recipe if you have used your own through the winter.

### Chutney

1. Top zests oil
2. Shalots, finely chopped
3. Cuts of drapefruit
4. Cuts of drapefruit
5. Cuts of just-squeezed drapefruit (optional)
6. Two cups drapefruit
7. Two cups drapefruit
8. Two cups drapefruit

### Chicken

1. Cut of 2 pounds, skinless chicken breasts, rinsed and patted dry
2. Top, salt, or to taste
3. Top, freshly ground black pepper
4. Top, zests oil

1. Prepare the chutney. Heat oil in a medium saucepan over medium heat. Add shalots and cook, stirring frequently, until softened slightly about 4 minutes. Add drapefruit, raspberries, sugar, ginger, and salt.

2. Set to combine ingredients and cook, stirring occasionally, until the drapefruit begins to release juices and break down slightly about 5 to 6 minutes. Remove from heat.

3. Prepare the chicken. Season both sides with salt and pepper. In a large nonstick skillet heat oil over medium heat. Add chicken and cook for 5 minutes per side or until no longer pink inside, with an internal temperature of 165°F. To serve, place chicken on 4 plates and top each piece with a spoonful of chutney. Serve with extra chutney in a small bowl on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
DRAPEFRUIT: 170 CALORIES, 10g CARBOHYDRATE, 1g FIBER, 10g PROTEIN, 10g FAT, 10g CHOLESTEROL, 10g SODIUM, 10g FIBER





# COCONUT LIME-CRUSTED TOFU WITH MANGO-ORANGE SALSA ★★

SERVES 4

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 45 MINUTES

The coconut and lime crust paired with the mango-orange salsa delivers the coconut taste with a tropical flavor that even the least meat-eaters will love!

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incredible. This recipe also works well with other fish such as tilapia. After you've tasted the recipe, appreciate the juice can for the salsa. Recipe may be halved.

## Steps

1. mango, peeled and cubed
1. red bell pepper, finely diced
- 1/2. cup finely diced red onion



## GUIDING STARS KEY

- ★ = good nutritional value
- ★★ = better nutritional value
- ★★★ = best nutritional value

1. jalapeño, seeded and minced
- 1/2. cup chopped fresh cilantro
- 1/2. cup chopped fresh mint
1. Teaspoon orange zest
2. Teaspoon fresh orange juice

## Notes

- 1/2. cup unseasoned shredded coconut (such as Dannon brand, found in the Organic & Natural aisle)
- 1/2. cup whole wheat flour
2. Teaspoon cayenne
- 1/2. tsp salt or to taste
- 1/2. tsp baking soda
1. quinoa and then 2. times
1. egg white
- 1/2. to 1/3. cup-stated water
2. (34-oz.) pkg. extra firm tofu, drained
1. Teaspoon olive oil

1. Prepare the salsa: In a large bowl, combine all the salsa ingredients. If desired, use an immersion blender for a few seconds to puree a small portion of the salsa; then mix well. Cover and chill for at least 30 minutes or overnight.

2. Prepare the tofu: In a medium bowl, mix coconut, flour, cayenne, salt, baking soda, and lime zest. In a small bowl, lightly beat together egg white and 1/2 cup water; pour this mix into dry ingredients and mix together. Mixture should be like pancake batter. If it's too thick, add additional water. Cut each block of tofu horizontally into 4 equal pieces. Pat pieces dry with a paper towel.

3. In a large nonstick skillet, heat oil over medium-high heat. Cook tofu 1/2 inch per side in the batter and immediately add to the pan. Cook 3 to 4 pieces at a time. 2 minutes per side or until golden brown. Transfer cooked pieces to a serving plate and cook to keep warm. Serve warm, topped with mango salsa. Each additional side is a benefit on the side.

APPROXIMATE NUTRITIONAL VALUE PER SERVING (NOT INCLUDING THE CARBOHYDRATE, PROTEIN, AND FIBER INFORMATION FROM COCONUTS, MANGO, AND CITRUS JUICE):  
440 CALORIES, 15.5g FIBER

# CREAMY LEMON PEAS SOUP

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES

A touch of lemon just complements the creamy flavor of this soup beautifully. If you prefer, it is best to cook chicken in water for 1 hour before blending. Recipe may be halved and may be frozen.

- 1 cup washed chicken
- 4 1/2 cups water (chicken)
- 2 tsp. vegetable
- 1 each white and pale-green parts, sliced thinly



## TOOLS OF THE TRADE

Remember, if you have the right tools,

1. **Use grater** Using the side with the smallest holes, you can make a fine zest much like a microplane and.
2. **Blender** The little manual tools push them down all that that are identical, combining soups, seafood, pasta, roasted vegetables, pulled chicken, potatoes, fruit, cereals, and chocolate, etc.
3. **Microplane** The sharp blades efficiently produce the bits of zest that can distribute flavor throughout a dish. Good for adding punch to baked goods, soups, pasta, sauces and marinades, potatoes, roasted spices, roasted potatoes, fillings and salad dressings.
4. **Vegetable peeler** The long blade yields with a sharp edge for peeling and grating (peeling) 1/2 cup of the peeling and use the other side to slice with a knife.



2. sliced peas, chopped
- 1 cup each chicken or regular mushrooms
3. cups lemon or frozen green peas
1. **Top fresh lemon slices** or 1 tsp. dried plus additional for optional garnish
1. **top ground corn powder**
1. **top salt** or to taste
2. **cup fresh basil leaves**
1. **Top 1/2 cup, salt, dried**
1. **juice of 1 lemon** (2 to 3 tsp.)
1. **top fresh ground basil, pepper** or to taste
1. **fresh sprigs (optional garnish)**

1. **Place chicken** in medium bowl with 1/2 cup of the water, which should be just enough to cover them. Let cook while you prepare the rest of the soup or for 1 hour if time allows.
2. **If in a large soup pot**, heat oil over medium heat. Add leeks, garlic, and mushrooms and cook for 5 minutes.

1. **stirring frequently** Mix on low, stirring once and add each 1 minute more.
2. **Add remaining 4 cups water**, bring to a boil, then reduce heat and simmer, covered, for 15 minutes.
3. **Set bowl 1** (Top of the pot, lemon juice and pepper into the large soup pot, remove from heat).
4. **Transfer chicken** and water to a blender or food processor and blend until very smooth. Transfer back to the cooking bowl. Purée the soup into blender or food processor or use an immersion blender. Return soup to the pot and stir in chicken cream. Heat over low heat and season. Ladle soup into 6 bowls and garnish each with 1/2 cup of the remaining oil and a sprig of dill or basil.

APPROXIMATE NUTRITIONAL VALUE PER SERVING:  
20 CALORIES, 100 CARBOHYDRATE, 10 PROTEIN,  
100 TO 120 CALORIES, 100 CARBOHYDRATE,  
10 PROTEIN, 100 TO 120



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### PERDUE™ FRESH-MADE CHICKEN

SERVINGS: 4

PREP TIME: 10 MINUTES

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

Position the chicken in pieces on a baking sheet. Cook for 10 minutes, then flip and cook for another 10 minutes. The chicken should be cooked through and the skin should be crispy. Remove from the oven and let rest for 5 minutes before serving.

1. Preheat oven to 400°F.
2. Place chicken pieces on a baking sheet.
3. Sprinkle chicken pieces with 1/2 cup of Powder Power.
4. Bake for 10 minutes.
5. Flip chicken pieces and bake for another 10 minutes.
6. Remove from the oven and let rest for 5 minutes.
7. Serve chicken pieces with a side of vegetables.

1. Preheat oven to 400°F.
2. Place chicken pieces on a baking sheet.
3. Sprinkle chicken pieces with 1/2 cup of Powder Power.
4. Bake for 10 minutes.
5. Flip chicken pieces and bake for another 10 minutes.
6. Remove from the oven and let rest for 5 minutes.
7. Serve chicken pieces with a side of vegetables.

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Cooking with special ingredients from Honduras makes it even easier to enjoy these unusual specialties. Our Taste of

1000

4. Add asparagus, dressing, mozzarella and crushed pepper slices. Toss in container and coat with dressing. Sprinkle with crumbled lettuce and toasted pine nuts and serve.

A photograph showing three white bowls filled with a pasta salad. The salad consists of yellow fusilli pasta, green peas, red bell peppers, and dark green leafy vegetables. A small white bowl containing a light-colored dressing or sauce is also visible. A silver fork is placed on the table next to the bowls.

## good and healthy

Asparagus is not only delicious, it's also a nutritional power house low in calories, a good source of potent life- and life-sustaining forces of B12, AOC, additionally it contains vitamin E, iron, and potassium, an antioxidant. And as if that weren't enough, there are 2 grams of dietary fiber in 1/2 cup of cooked asparagus which makes it a wholesome addition to any meal.

### SPRING LAMB AND VEGETABLE STEW

SERVES 4

ACTUAL TIME: 45 MINUTES

TOTAL TIME: 1 1/2 HOURS

This stew is perfect for those chilly spring evenings when you want something hearty that nevertheless heats in warmer days ahead. Asparagus and peas give the stew a taste of the season. This dish improves in the refrigerator — make a 1 or 2 days in advance. If time permits, look up the meat with Mariner's Place Rosemary Olive Oil based. Recipe may be halved and may be frozen.

1. Top: 1/2 cup (1/2 cup) olive oil

2. 1/2 cup (1/2 cup) olive oil

3. Top: 1/2 cup (1/2 cup)

1. Top: 1/2 cup (1/2 cup) olive oil

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3. Top: 1/2 cup (1/2 cup)

4. Top: 1/2 cup (1/2 cup) olive oil

5. Top: 1/2 cup (1/2 cup)

6. Top: 1/2 cup (1/2 cup)

7. Top: 1/2 cup (1/2 cup)

8. Top: 1/2 cup (1/2 cup)

9. Top: 1/2 cup (1/2 cup)

10. Top: 1/2 cup (1/2 cup)

11. Top: 1/2 cup (1/2 cup)

12. Top: 1/2 cup (1/2 cup)

13. Top: 1/2 cup (1/2 cup)

14. Top: 1/2 cup (1/2 cup)

15. Top: 1/2 cup (1/2 cup)

16. Top: 1/2 cup (1/2 cup)

17. Top: 1/2 cup (1/2 cup)

18. Top: 1/2 cup (1/2 cup)



SPRING LAMB AND  
VEGETABLE STEW



### WINE RECOMMENDATIONS

Lamb is famously friendly with wine, while asparagus notoriously is not. When they appear together, make matches on common ground. Depending on grilling asparagus, consider its influence, so you can bring it to a point. *Chardonnay* is a good wine to pair with lamb. The flavors of the Chardonnay will be further enhanced by the concentration of black fruit flavors and touch of chocolate and caramel notes in *Alamosa Malbec*. Look for asparagus plays a more minor role in the Spring Lamb and Vegetable Stew, making the Malbec a better wine match.

# SOUTHWESTERN BUTTERFLIED LAMB WITH ROASTED POTATOES

SERVES 4

ACTIVE TIME: 25 MINUTES  
TOTAL TIME: 4 TO 5 HOURS  
(includes marinating time)

The longer you can marinate the lamb, the better (up to 24 hours). But if you're short on time, a few hours will work just fine. Serve with roasted vegetables as well. Recipe may be halved and may be frozen.



## 4 Ingredients

- 1 lamb (bottle still pepper marinated from In Product)
- 1 Tbsp. lemon juice
- 1 cup (approximate) Marquette Marinade
- 1 medium butterflied leg of lamb (bottle weight about 3 lbs.) 15 minutes of marinate
- 1 1/2 lb. Yukon Gold or other yellow-fleshed potatoes
- 1 Tbsp. (approximate) Garlic Dipping Oil
- 1/2 cup (approximate) Parsley (optional)
- 1/2 cup (approximate) black pepper (optional)

1. Thoroughly slice the white and pink green part of the lamb and place in a large round able plastic bag. Marinate the lamb for 15 minutes.
2. Add chicken, lamb, pork, and marinade to the bag. Separate and press bag to even out the ingredients. Add lamb to the bag and seal and squeeze and press bag to even the lamb all over. (If the bag of lamb is too large to fit in the bag, combine marinade ingredients in a small bowl and rub marinade all over the meat. Place in a roasting pan and cover.) Refrigerate the lamb for 15 hours to 24 hours and as long as 24 hours.
3. About 1 hour before you plan to serve dinner, remove lamb from the refrigerator. Preheat oven to 400°F. Sprinkle a roasting bag with olive oil cooking spray.

4. Wash and dry potatoes and cut into 1 1/2 inch chunks. Sprinkle potatoes on the baking sheet with olive oil and pepper and toss to coat evenly with seasonings.
5. Roast potatoes for 25 minutes, or until potatoes are tender (15 minutes, until tender and golden brown). Set potatoes aside and turn oven to broil.
6. Lay the lamb flat in a roasting pan. Place the lamb under preheated broiler about 4 to 6 inches from the heating element. (It shouldn't be closer as the marinade may start to burn.) Broil lamb for 10 minutes in oven and continue to broil until a medium-rare doneness — about 10 to 20 more minutes for medium rare depending on the thickness of the meat. Remove lamb from oven and let rest for 5 minutes.
7. Turn off broiler. While the lamb rests, return potatoes to oven broil for 10 to 15 minutes to crisp. After 5 minutes, serve the lamb on a platter. Transfer to a serving platter and garnish with potatoes. Sprinkle with reserved roasted greens and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
PER 1/2 LAMB, 200g CARBOHYDRATES, 40g PROTEIN  
CALORIES 400, SATURATED 10g, CHOLESTEROL 10g  
TOTAL 100g, 10g FIBER, 10g

# Q: Want to get wrapped in flavor?



## Chicken Caesar Salad Wrap

SERVINGS: 4

TOTAL TIME: Under 30 min.

- 1 (12.3 oz.) can HORMEL® Premium Chicken Breast, Sealed and Ready to Eat
- 2 cups (1/2 cup) romaine lettuce
- 1 medium tomato, sliced
- 1 cup (1/2 cup) Caesar salad dressing
- 1 (1/2 cup) grated Parmesan cheese
- 4 (1/2 size) flour tortillas

Combine (1) can chicken breast, lettuce, tomato, dressing and cheese. Toss and well combined.

Divide chicken mixture evenly among 4 tortillas. Wrap tortillas around 1/2 cup.





## PACK UP A LUNCH OPTION THAT PACKS IN THE FRUIT!

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